

## **CLAIMS**

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1. A skipping rope consisting of a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T- shaped, and consists of an elongate portion attached to one end of the rope and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, and wherein said transverse portion has two sub-portions, one being of greater extent than the other, so that said handle is adapted to fit to a hand which is holding it such that said elongate portion extends between two digits other than the second (middle) and third (ring) fingers.

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2. A skipping rope according to Claim 1 wherein the rope is attached to the elongate portion of each handle via a swivelling ball through which the end of the rope passes.

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3. A skipping rope according to Claim 2 wherein the elongate portion of each handle comprises a cup for receiving the ball and means to retain the ball within the cup.

4. A skipping rope according to any of Claims 1 to 3 wherein the handle is a unitary plastics molding.

5. A skipping rope consisting of a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T- shaped, and consists of an elongate portion attached to one end of the rope and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, and wherein the transverse portion is also substantially teardrop-shaped, and has two sub-portions, one being of greater extent than the other, so that the handle is adapted to fit to a hand which is holding the handle by two fingers other than the second (middle) and third (ring) fingers.

6. A skipping rope according to Claim 5 wherein the rope is attached to the elongate portion of each handle via a swivelling ball through which the end of the rope passes.

7. A skipping rope according to Claim 6 wherein the elongate portion of each handle comprises a cup for receiving the ball and means to retain the ball within the cup.

8. A skipping rope according to any of Claims 5 to 7 wherein the handle is a unitary plastics molding.

9. A skipping rope consisting of a length of flexible material with a handle swivellably mounted at each end thereof, wherein each handle is substantially T- shaped, and consists of an elongate portion attached to one end of the rope and a portion transverse thereto at its outer end, wherein the elongate portion extends

between two digits, and wherein the transverse portion also has at least one surface with arcuate depressions placed to accommodate the user's fingers, and also has two sub-portions, one being of greater extent than the other, so that the handle is adapted to fit to a hand which is holding the handle by two fingers other than the second (middle) and third (ring) fingers.

10. A skipping rope according to Claim 9 wherein the rope is attached to the elongate portion of each handle via a swivelling ball through which the end of the rope passes.

11. A skipping rope according to Claim 10 wherein the elongate portion of each handle comprises a cup for receiving the ball and means to retain the ball within the cup.

12. A skipping rope according to any of Claims 9 to 11 wherein the handle is a unitary plastics molding.

13. A skipping rope consisting of a length of flexible material with a handle mounted at each end thereof, wherein each handle is substantially T-shaped, and consists of an elongate portion attached to one end of the rope and a portion transverse thereto at its outer end, wherein the elongate portion extends between two digits, and wherein said transverse portion has two sub-portions, one being of greater extent than the other, so that said handle is adapted to fit to a hand which is holding it such that said elongate portion extends between two digits other than the second (middle) and third (ring) fingers.

5        14.    A skipping rope according to Claim 13 wherein the rope is attached to the elongate portion of each handle via a swiveling ball through which the end of the rope passes.

10       15.    A skipping rope according to Claim 14 wherein the elongate portion of each handle comprises a cup for receiving the ball and means to retain the ball within the cup.

16.    A skipping rope according to any of Claims 13 to 15 wherein the handle is a unitary plastics molding.